

**AMENDMENTS TO THE ABSTRACT:**

**Please amend the abstract as follows:**

~~The present invention provides a~~ A method for absorbing and releasing hydrogen ~~which~~ comprises applying repeatedly hydrogen pressurization and depressurization to a hydrogen storage metal alloy of a body-centered cubic structure-type phase exerting a two-stage or inclined plateau characteristic in a hydrogen storage amount vs hydrogen pressure relation in an appropriate fashion to absorb and release hydrogen[[],]. At [[and at]] least at one stage during the release of hydrogen, ~~making~~ the temperature (T2) of the above-mentioned hydrogen storage metal alloy is made higher than the temperature (T1) of the hydrogen storage metal alloy during the hydrogen absorption process ( $T2 > T1$ )[[],]. This thereby enabling enables the release and utilization of occluded hydrogen at a low-pressure plateau region or an inclined plateau lower region, ~~which has not been utilized in the prior art. Refer to FIG. 16.~~

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